

Table 1. Demographic characteristics of the study population	
Age (years)	50.0 ± 10.0
Gender	
Male	50.0%
Female	50.0%
Marital status	
Married	80.0%
Single	20.0%
Education level	
High school	30.0%
University	70.0%
Occupation	
Professional	40.0%
Managerial	30.0%
Technical	20.0%
Service	10.0%
Unemployed	0.0%
Income (TL/month)	
Low	20.0%
Medium	40.0%
High	40.0%
Health status	
Good	80.0%
Fair	10.0%
Poor	10.0%
Smoking status	
Smoker	30.0%
Non-smoker	70.0%
Alcohol consumption	
Regular	10.0%
Occasional	20.0%
Never	70.0%
Family size	
1-2	30.0%
3-4	40.0%
5-6	20.0%
7-8	10.0%
9-10	0.0%
Health insurance	
Yes	90.0%
No	10.0%
Chronic diseases	
Hypertension	20.0%
Diabetes	10.0%
Heart disease	5.0%
Other	5.0%
None	60.0%
Medication use	
Regular	10.0%
Occasional	20.0%
Never	70.0%
Stress level	
Low	30.0%
Medium	40.0%
High	30.0%
Sleep quality	
Good	60.0%
Fair	20.0%
Poor	20.0%
Energy level	
High	40.0%
Medium	30.0%
Low	30.0%
Motivation	
High	50.0%
Medium	30.0%
Low	20.0%
Life satisfaction	
High	40.0%
Medium	30.0%
Low	30.0%
Overall health	
Excellent	10.0%
Very good	20.0%
Good	30.0%
Fair	20.0%
Poor	20.0%

Abstract of Disclosure

A system and method are provided that remotely grants limited access and permits use of resident software options in accordance with terms consistent with an access grant. The invention includes receiving an access request from a user to access a software option resident in memory of a device, determining whether to grant access in response to the request, and generating an access grant in response to a qualified access request that is transmitted from a centralized facility to a remote device to automatically enable access to the option.